



VOL. 2 ISSUE 15 AUGUST 2025

CRADLEY SURGERY

Official Newsletter

Dr P Clegg & Dr C Spruce

Staff News

A huge congratulations to one of our Dispensary team, Abby and her partner, on the safe and happy arrival of their beautiful baby boy!

We can't wait to for baby cuddles.

Although we celebrate the arrival of a new baby, sadly we are having to say a fond farewell to our lovely Nurse Petra.

Petra has chosen to take a job closer to home to enable more time with her family.

We wish Petra and her family all the best for the future. She will be greatly missed! We also say a fond farewell to our Operations Supervisor, Zoe, who will be taking on a new role within the East PCN. Good luck for the future!

Loss of in house Physio Appointments

Graham Frost, the in house physiotherapist, will no longer be at Cradley Surgery.

Patients will have to be referred to Malvern, Ledbury or Bromyard.

Patients can self-refer to Malvern www.hacw.nhs.uk/movetoimprove

however if patients wish to go to Ledbury or Bromyard for physiotherapy, this will have to be done via the GP.

If you have any queries please ask a member of our team or fill in an online consultation form via our website.

Cradley Surgery needs you!

If you've never considered joining your local Patient Participation Group, it's a fantastic time to try Patient participation doesn't need to be time-consuming or difficult, but it really helps practices and the wider NHS build services that work well for patients.

If you're interested in becoming a member of the PPG please complete the form on our website or contact the surgery for more information.

Thank You



Hay Fever

Hay fever is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest. While there is no cure, symptoms can often be alleviated by taking over-the-counter hay fever tablets and nasal sprays.

Over-the-counter hay fever tablets can be used as an 'as-required' treatment, taken when you start to develop the symptoms of hay fever.

They can also be used as a preventative measure, such as on days when you know there is a high pollen count and you are likely to experience symptoms.

GP Trainees

Sadly it's time to say a fond farewell to Dr Hina Wajid and Dr Pranathi Yannimani, many of you have met Dr Hina and Dr Pranathi, our GP trainees, over the past few months.

Thank you for all your hard work, which has been reflected in the fantastic patient feedback.

Good luck for the future, you will be missed!

SPOTLIGHT ON:

Online Consultations

As many patients are aware, we offer an online consultation tool for patients to contact the surgery without having to wait on the phone!

To use this service you must be **REGISTERED** and a patient currently at Cradley Surgery. Please be aware that it may take 3 working days for the Surgery to get back to you, so do not use online consultations to contact us for anything urgent.

Online consults are a far safer way for patients to communicate to the practice and your request will go straight to a clinician.

Please include as much information as possible and ensure your contact details are up to date.

It really is as easy and quick to use as sending an E-mail so please do try it out!

See our [website](#) for more information or speak with a member of the reception team. You can still contact the practice by phone or in person, this is just another option which many patients have found more convenient and saves them time.